



## **Family Health and Wellness Clinics**

Sage-Femmes Rouge Valley Midwives  
6758 Kingston Road, Unit 6, Toronto, ON M1B 1G8  
401 and Port Union Road

The Spirit of these clinics is to provide a continuity of care for Midwifery clients as well as other new families past the 6 weeks postpartum discharge date. We provide families the opportunity to experience Naturopathic care and breastfeeding support in a way that is accessible to many new families.

We are natural health, midwifery and breastfeeding advocates. We teach the loving art of attachment parenting newborns and older children. We also support natural family living including healthy nutrition, baby-wearing, cloth diapering, extended breastfeeding, educated vaccination decisions, the importance of rhythm and routine, and alternative schooling. We support the diversity of parenting constellations and welcome all families and all parents to attend and learn at our groups.

- Breastfeeding Support
- Mom/Baby Wellness Checks (weigh-ins and quick questions)
- Private 15 minute Naturopathic Support Visits
- Group Question and Answer session with Dr. Lisa Doran N.D. and Shannon Comire, breastfeeding support counselor, and La Leche League Leader to answer questions on health, breastfeeding, parenting, and child development
- Seminars and Workshops

**May 26<sup>th</sup>** – *What do I do if my child has a fever?* – Understanding Illness in Children and how to help support your Children through minor illnesses.

**This Month! \*\*\*\*\* June 23<sup>rd</sup>** – *First Foods: Is your baby ready for solids?* - A healthy digestive system begins with breastfeeding and then the appropriate and slow introduction of solids when a child is developmentally ready. This seminar will be a discussion around the benefits of breastfeeding and extended breastfeeding and when to introduce first solid foods. We will discuss at length the signs your baby will give you that he is ready for solid foods. We will also

discuss healthy choices for first solids to ensure that your babies' nutritional and sensory experiences are fulfilled while maintaining healthy attachment with mom. We will also discuss the early signs and symptoms of food sensitivities and allergies and how to identify them early and proactively prevent them. Dr. Doran will share her Naturopathic First Foods list and discuss digestive maturity and digestive health for life.

**August 25<sup>th</sup>** – *Fertility Awareness After Baby* – Demystifying fertility postpartum, healthy child spacing, choices of contraceptive use and method, when to expect your menstruation to return, supporting your thyroid function and planning for your next baby. We will cover Dr. Doran's three month pre-pregnancy fertility cleansing and detoxing plan for you to use when you are planning your next pregnancy and how to adapt this plan if you are still breastfeeding an older baby. We will also cover AVOIDING a pregnancy while breastfeeding and using natural birth control methods.

10am – 11:30 - Baby Weigh ins/ Private ND appointments/ Private Breastfeeding Support – 15 min sessions

11: 30am- 12:30– Workshop – Everyone is invited!

12:30– 1:30- Group Q and A session

## **Registration is Required**

To Register email: [familywellness@barefootdoctor.org](mailto:familywellness@barefootdoctor.org) or call: 416.901.0656

**Family Health and Wellness Clinic days are a FREE service to families expecting a baby or with children 0-3 years of age.**

Please Visit our Website [www.barefootdoctor.org](http://www.barefootdoctor.org) for more information